

Overweight and Obesity in Adult Women Fact Sheet

Healthy People 2010 Goal: To reduce the proportion of adults (20 years and older) who are overweight or obese to 15%.

Consequences:

- Overweight and obesity are major contributors to many preventable causes of death.
- Overweight and obesity substantially raise the risk of illness from high blood pressure, high cholesterol, type 2 diabetes, heart disease, stroke, gall bladder disease, arthritis, sleep disturbances, problems breathing and certain types of cancers.
- Obese individuals also may suffer from social stigmatization, discrimination, and lowered self-esteem.
- Overweight and obese women who become pregnant have a higher risk of poor pregnancy outcome.

Prevalence in Indiana:

- 27.6% of females were overweight. (2002 Behavioral Risk Factor Surveillance System [BRFSS])
- 21.7% of females were obese. (2002 BRFSS)
- 49.3% of the females were at risk of being overweight or obese. (2002 BRFSS)
- Of the pregnant women participating in the 2001 WIC program, only 42.8% of the Indiana women were normal weight before pregnancy. In that year, 13.4 % were overweight and 29.2% were very overweight; 9.7 % were underweight and 4.9% were very underweight. (2001 CDC Pregnancy Nutrition Surveillance System.)

Trends towards Healthy People 2010 Goal:

Between 1999 and 2002,

- The overweight in females increased.
- The obesity in females increased.
- The risk of being overweight or obese slightly decreased (See table).
- Indiana is not likely to reach the Healthy People 2010 goal of reducing the proportion of females who are overweight or obese to 15%.

Overweight and Obesity In Indiana females, 1999 through 2002.				
Year	1999	2000	2001	2002
Overweight	24.9%	27%	27.1%	27.6%
Obese	19.8%	20.4%	23%	21.7%
At Risk of being Overweight or Obese*	*	*	50%	49.3%
Source: BRFSS, Indiana State Department of Health.				
Note: Body Mass Index (BMI) is calculated as weight in kilograms divided by the square of height in meters (W/H**2). A BMI between 19 and 24.9 is desirable. Overweight is defined as a BMI between 25 and 29.9, while obese is defined as a BMI of 30 or greater.				
*Data not readily available.				